



SAND HOLLOW TRI DU RUN



Swim Course

Olympic & Aquabike: .93 miles / 1500 m

Sprint: .47 miles / 750 m

The swim will take place at the main boat ramp at the Sand Hollow Res. The start will be a Wave start format and each wave will be 3 minutes apart. There will be many kayaks, lifeguards, and boats in the water to ensure your safety.



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